

# Eat Smart • Move More

## Honey of a Pumpkin Bar

Prep Time: 10 minutes

Total Time: 35 minutes



### Ingredients

Nonstick cooking spray  
2 cups whole-wheat flour  
1/3 cup nonfat dry milk  
2 1/2 teaspoons ground cinnamon  
1 teaspoon baking soda  
1/2 teaspoon ground allspice  
1/2 teaspoon ground cloves  
1/2 teaspoon ground nutmeg  
1 cup canned pumpkin  
2/3 cup honey  
1/2 cup orange juice  
1/3 cup canola oil  
2 eggs

### Directions

- Heat oven to 350°F. Coat a baking dish with nonstick cooking spray.
- In a mixing bowl, combine flour, dry milk, cinnamon, baking soda, and remaining spices. Set aside.
- In a separate mixing bowl, thoroughly mix pumpkin, honey, juice, oil, and eggs.
- Gradually add flour mixture into the pumpkin mixture. Stir until smooth.
- Spread batter into the baking dish. Bake for 15 - 20 minutes or until golden brown. Cool and cut into squares.

### Nutrition Facts

15 servings per container		
<b>Serving size</b>		<b>1 serving</b>
		<b>(69.44g)</b>
<b>Amount per serving</b>		<b>170</b>
<b>Calories</b>		
		<b>% Daily Value*</b>
<b>Total Fat</b>	6g	<b>8%</b>
Saturated Fat	0.5g	<b>3%</b>
Trans Fat	0g	
<b>Cholesterol</b>	25mg	<b>8%</b>
<b>Sodium</b>	105mg	<b>5%</b>
<b>Total Carbohydrate</b>	27g	<b>10%</b>
Dietary Fiber	2g	<b>7%</b>
Total Sugars	14g	
Includes 12g of Added Sugars		<b>24%</b>
<b>Protein</b>	4g	
Vitamin D	0mcg	<b>0%</b>
Calcium	39mg	<b>2%</b>
Iron	1mg	<b>6%</b>
Potassium	154mg	<b>4%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ Canned pumpkin is fat-free, sodium free, cholesterol free, and naturally sweet, containing no added sugars.
- ▶ 1 cup of canned pumpkin provides your body with significant amounts of dietary fiber and Vitamin A.

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(Recipe adapted from Montana State University Extension Service, as listed at <https://www.whatscooking.fns.usda.gov/>)

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